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U. S. DEPT. OF
AGRICULTURE



U. S. FOOD
ADMINISTRATION

FRESH VEGETABLES.

GOOD TO EAT AND GOOD FOR YOUR
HEALTH.

Do you eat them every day, many kinds? Cook them so that they are refreshing and palatable, and your family will call for them over and over again.

Use all kinds of vegetables—whatever you grow in your own garden or what you can buy in the market. Vegetables should be plentiful this summer, for all over the country people have made war gardens. You can't afford to miss using vegetables; they mean vigor and health for you. Use what you can while they are fresh and at their best, and if you have more than you can use now, can, dry, or preserve them in other ways for winter use.

Use lettuce, onions, cabbage, cauliflower, chard, spinach, Brussels sprouts and others like them. These will come along all through the summer and fall. They give you the iron and lime and other minerals that you need to build your body and keep it in repair and the special substances that help make children grow and keep adults healthy. Eat them yourselves, and give them to your children.

If you live in the country you can gather wild greens which are just as good as those that grow in your garden. In the city, too, you can often gather from vacant lots such good things as dandelion, wild mustard, lamb's quarter, and wild lettuce.

Don't throw away your tender beet tops, onion tops, turnip or radish tops. Cook them for greens.



Use potatoes, sweet potatoes, Lima beans, green corn, green peas, onions, beets, carrots, squash. Such vegetables give you fuel, besides the minerals, and some of them give you protein. They can help you save meat and wheat. When you serve enough vegetables you do not need as much bread.

Remember the many good things vegetables can do for your body. They help keep your blood as it ought to be, and your whole body in good condition. Vegetables are better than medicine to prevent the common evil of constipation.

And, besides all these, think how appetizing they are—crisp lettuce, sweet, juicy beets, tender peas, celery, beans, and corn—all sorts of flavors and textures to lend variety to your meals.

POINTS TO REMEMBER IN COOKING FRESH VEGETABLES.

Vegetables just out of the garden taste best when simply cooked—steamed, boiled or baked—and served with a little salt, butter, milk or cream. Often a heavily-seasoned sauce covers up the more desirable vegetable flavor.

Overcooking of vegetables impairs their flavor. Very delicate flavors are destroyed, while vegetables with strong flavors, such as cabbage or onions, become disagreeably strong if cooked too long. Overcooking also destroys the attractive color of some vegetables.

Cook summer vegetables as soon after they are gathered as you can, in order to preserve the flavor. If they must be kept over, keep in the ice box or some other cool place.

Let wilted vegetables soak in cold water to freshen them. If vegetables must stand after paring, covering with cold water will prevent wilting and discoloration.

Before cooking, put head vegetables and greens in cold water for an hour, with one tablespoon of vinegar, to remove insects, then wash very carefully.

Drain all boiled vegetables as soon as tender—they become soggy if they are allowed to stand undrained after cooking. The water drained off may be saved for soup stock.

Most vegetables should be cooked in a small amount of water, because a part of the mineral salts dissolves out into the water, and is lost if the water is thrown away. Cook whole when possible.

Tender spinach or lettuce leaves require no added water for cooking. If thoroughly washed, enough water will cling to the leaves to prevent their burning.

Delicately-flavored vegetables should be steamed or cooked slowly in a small amount of boiling water until tender and the water boils away.

Strong-flavored vegetables may be cooked uncovered in a large amount of rapidly-boiling water, and the water changed several times during cooking.

Starchy vegetables should be put on to cook in a sufficiently large amount of boiling water to cover them. Boil gently, and keep kettle covered.

The time required for cooking vegetables depends on the kind, size, and age of the vegetable. You must use your judgment in deciding when they are done, but a time-table may help you.

TIME-TABLE FOR COOKING FRESH VEGETABLES IN WATER.

Asparagus	15-20 minutes.	Corn, green.	10-15 minutes.
Beans, Lima		Onions	20-30 minutes.
(green)	$\frac{3}{4}$ - 1 hour.	Parsnips	30-45 minutes.
Beans, string.	1- 3 hours.	Peas, green.	20-30 minutes.
Beets, old.	3- 4 hours.	Potatoes	30-40 minutes.
Beets, young.	$\frac{3}{4}$ - 1 hour.	Spinach	15-30 minutes.
Cabbage	20-30 minutes.	Squash	20-30 minutes.
Carrots	30-60 minutes.	Turnips	30-45 minutes.
Cauliflower	20-30 minutes.		

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CREAMED ONIONS AND TOPS.

Select small onions no larger than your finger in size. Cut off the uneven ends of the tops, leaving about three inches of the green part above the onion. Boil until tender in salted water and serve with a simple white sauce on toast as asparagus is served.

The tops are very good served alone, cut into pieces, boiled until tender and served with white sauce.

Young beets may be cooked with their tops and stems and all served together also. Serve buttered or with vinegar as preferred.

Green corn is delicious boiled on the cob and served buttered, or for a different way, try this baked dish. None of the sweetness of the corn is wasted when cooked this way:

GREEN-CORN PUDDING.

This is a delicious way to serve either sweet corn or the tender field corn. A little sugar may be added to the field corn, if desired.

Husk and silk 12 good-sized ears of corn. Slice off half the kernel with a sharp knife, and with the blunt edge of the knife scrape out the milky part that remains on the cob. Add a tablespoon of butter, salt, and pepper, and three-fourths cup of milk. Bake for 45 minutes, allowing it to brown on top. This makes a creamy dish, which is best served in the pan or baking dish in which it bakes.

BUTTERED CARROTS.

Wash and scrape small carrots and cut in narrow strips. Cook three cups of the carrots in just enough water to cover. When carrots are tender and only a small amount of water remains, add a tablespoon of butter. Cook slowly until almost all of the remaining water has evaporated. The carrots will have a delicious flavor cooked this way and none of the minerals will be wasted. String beans cut in halves lengthwise or parsnips cut in strips are also good served this way.

Remember that vegetables have their own particular part to play in the diet, which neither meats nor cereals nor fruits nor sweets can play.

